FIELD SANITATION TEAM CERTIFICATION COURSE

LESSON 5 - FOOD SERVICE SANITATION IN THE FIELD

FSTCC0005-1
Lesson Objectives

- Match a list of terms related to food service sanitation with a list of corresponding definition.
- Select from a list of organism those that most often cause foodborne illnesses.
- Identify the five sources of food contamination in the field.
- Describe sanitary practices in food handling.
Definitions

- **Contamination** - the unintended presence of harmful substances or organisms in food.

- **Spoilage** - the breakdown in the edible quality of food.

- **Potentially Hazardous Foods (PHFs)** - support the rapid growth of bacteria, which may cause disease or produce toxins.
Temperature Danger Zone - the temperature range most conducive to bacteria growth and reproduction (between 41 ° and 139 °F).

Cleaning - physical removal of soil and food particles.

Sanitizing - reduction of microorganisms by chemical or physical means.
Definitions (3)

- **Food-Contact Surface** - surface of utensils or equipment that normally come in contact with food.

- **Cross-contamination** - transfer of harmful microorganisms from one food item to another.

- **Calibration** - adjusting equipment to maintain accuracy.
Bacteria Related to Food-borne Illness

- Campylobacter jejuni
- Listeria monocytogenes
- Salmonella
- Staphylococcus
- Escherichia coli
- Listeria monocytogenes
Any source of food can become contaminated if proper food handling practices are not observed.

Food handlers must maintain the highest sanitation standards to help prevent disease transmission.
Sources of Food Contamination

- **Biological hazards** - harmful microorganisms contaminate food.
- **Chemical hazards** - harmful (chemical) substances are introduced into the food.
- **Physical hazards** - foreign particles get mixed into food.
- **Cross-contamination** - raw and cooked foods come in contact with one another.
Unsafe Food Handling Practices

- Failure to refrigerate cold PHFs and maintain them at product temperatures of 40° or below.
- Failure to maintain hot PHFs at 140° or above.
- Failure to protect foods from contamination and/or cross-contamination.
- Improper transportation and storage practices.
- Improper procedures and practices of food handlers.
It is of the utmost importance that safe product temperatures be maintained during all phases of food preparation, storage, transportation and service.
Preparing Food

- Temperature danger zone: 41°F - 139°F.
- The time foods spend in the temperature danger zone must be minimized.
B Rations, MREs and T Rations

- Use when no refrigeration is available.
- Handle T rations with caution - don’t save opened trays or reheat a closed tray more than once.
Fresh Fruits and Vegetables

- Fruits and vegetables that cannot be properly disinfected should not be served.
Always check food temperatures using an approved food service thermometer.

NOTE: Foods that contain enough microorganisms to cause illness do not necessarily look or smell bad.
Even foods that are properly protected may become contaminated if they are improperly stored.
Semi-perishable Foods
Acidic Foods
Avoid exposing food to microorganisms or other substances which can contaminate it.
Cover or wrap utensils sent with food containers to prevent contamination.
Inspecting the Food Service Facility - Purpose

- Identify basic defects that could cause or spread disease.
- Recommend corrective actions.
- Help food service personnel understand the importance of sanitation.
Inspecting the Food Service Facility - General Procedure

- Ensure the unit inspects food immediately upon receipt.
- Conduct a brief visual inspection of the facilities.
- Ensure prepared foods are maintained at safe temperatures.
The NCOIC of the dining facility should check for:

- Adequate supplies of food service gloves and aprons.
The NCOIC of the dining facility should check for:

- Hand washing devices for food handlers.
Inspecting the Food Handlers

- The NCOIC of the dining facility should ensure that:
  - Food handlers are practicing proper personal hygiene.
The NCOIC of the dining facility should ensure that:

- Camouflage paint is not being worn by food handlers.
The NCOIC of the dining facility should ensure that:

- Food handlers are not working while they are ill.
Additional Precautions

- Keep food protected from the elements.
- Avoid storing food in excessive heat or moisture.
- Observe product expiration dates.
The Mess Kit Laundry
The Mess Kit Laundry Components

- Can #1: Waste can for food scraps.
- Can #2: Wash can of hot soapy water.
- Can #3: Can of clear, boiling rinse water.
- Can #4: Can of clear boiling water OR sanitizing rinse.
The Food Sanitation Center (FSC)
Use an approved food service thermometer ONLY.
Using the Food Service Thermometer
Calibrating the Thermometer

Ice Point Method
Boiling Point Method
SUMMARY